

# Kaiser Permanente Presents

## Life Care Planning: Preparing for those “what if” moments

Anyone's health status can change suddenly. Even if you're healthy, it's important to make sure that both your family and health care team know your wishes. Learn how to prepare for these important conversations.

### Learn about:

- Advanced Health Care Directives
- How to have a conversation with your family about what matters to you
- How to select someone you trust to make your health decisions if you are unable
- How to talk to your doctor or any member of your healthcare team about what matters
- How to put your wishes in writing so that your information is available to those who need it



### City of Santa Clara Central Park Library

Thursday, April 16, 2015

1:00 pm – 2:00 pm

2635 Homestead Road  
Santa Clara, CA 95051

Redwood Community Room

A FREE event for Members and Non-Members